

VALERIE G. DUGAN  
BRIAN M. DUGAN, PH.D.

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18 JOHN STREET  
TARRYTOWN, NY 10591

(914)332-9081 TELEPHONE  
(914)332-9082 FACSIMILE  
EMAIL@DUGANPATENT.COM

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March 29, 2004

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**PLEASE DELIVER THE ATTACHED MESSAGE TO:**

Examiner Glenn E. Richman

Phone No.: (703) 308-3170  
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From: Brian M. Dugan

Our File No.: BMD004

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant : Brian M. Dugan  
Serial No. : 09/702,179  
Filed : October 30, 2000  
For : METHODS AND APPARATUS FOR MONITORING  
AND ENCOURAGING HEALTH AND FITNESS  
Examiner : Glenn E. Richman  
Group Art Unit : 3764

TOTAL NUMBER OF PAGES INCLUDING THIS PAGE: 11

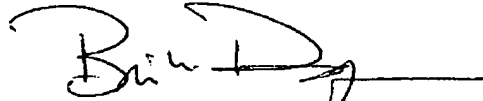
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\* \* \*

Please charge Deposit Account No. 04-1696 in the amount of \$475.00 to cover the three-month extension of time. No other fees are believed necessary, however if additional fees are required please charge Deposit Account No. 04-1696.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Brian Dugan", with a long horizontal line extending to the right.

Brian M. Dugan  
Registration No. 41,720

Dated: March 29, 2004  
Tarrytown, New York